

American Red Cross

LIFEGUARD WATERFRONT TRAINING COURSES

2016

***** AT FREEDOM PARK *****

Name: _____ Age: _____

Phone: _____ E-Mail: _____

Address: _____

Amount Paid \$ _____ Date: _____

These American Red Cross Lifeguard Training courses include CPR for the Professional Rescuer, Standard First Aid, Lifeguard Training and Waterfront Module. *Registration is limited.*

Please check which L.T. Training course you are signing up for:

 COURSE I:

Thursday,	6/2/16	6-8pm (Swim Trials)	
Sunday,	6/5/16	9am-3pm	
Wednesday,	6/8/16	5:30-8:30pm	
Friday,	6/10/16	3:30-8:00pm	
Saturday,	6/11/16	9am-2pm	Fee: \$310.00

 COURSE II:

Wednesday,	6/15/16	6-8pm (Swim Trials)	
Thursday,	6/16/16	6-8:30pm	
Friday,	6/17/16	4-8pm	
Saturday,	6/18/16	9am-3pm	
Wednesday,	6/22/16	6pm-8pm	
Friday,	6/24/16	10am-2pm	Fee: \$310.00

Cancellation Fee: \$175. There will be a refund of \$135 for dropping the class or failing the swim trials. Please make checks payable to: Town of LaGrange

You are registered for the class once we process your payment. We will contact you only if there is a problem. Instructor: Tom Bubel

Return 1 week before class begins to: LaGrange Recreation Department
120 Stringham Road
LaGrangeville, NY 12540

Prerequisites:

15 years old before the final class, proof-of-age required.

On the first day of class persons must swim:

- 550 continuous yards (200 yards each of free swim and breaststroke and 150 yards of one of those two strokes).
- Be able to swim 20 yards with a surface dive to retrieve an object 7-10' deep and exit in 100 seconds.
- Be able to swim 5 yards, submerge and retrieve 3 diving rings placed 5 yards apart in 4-7 feet of water, resurface and swim 5 yards to the side.

Note: Red Cross requires a minimum of 6 people per class. More info contact Sharon Beale, Recreation Dept. at 452-1972. Directions to Freedom Lake: From TSP take Rt. 55 east ¼ mile to first left on Velie Rd. to right on Skidmore Rd. 1 ½ miles to Freedom Park on right.